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USA Racquetball is the National Governing Body for the sport of racquetball, recognized by the United States Olympic Committee, and is committed to excellence and service to our members. We provide the infrastructure and organization for racquetball. We also provide competitive opportunities for members and enthusiasts through our coordination of racquetball organizations, development and administration of rules and programs, sanctioning of events and development of teams for international competition.

VISION STATEMENT

To provide racquetball opportunities in the sport of racquetball for all levels of participation through:

Objectives:

- **MEMBERSHIP SUPPORT** - USAR values its members and will strive to provide the best possible member services at all levels.
- **MEMBERSHIP RECRUITMENT** - USAR believes that racquetball is a lifetime endeavor and the benefits of health, recreation, and competition should be available to everyone. USAR will strive to expand its membership in order to share these benefits with as many players and supporters as possible.
- **PROMOTION OF THE SPORT** - in order to sustain a strong player base USAR will promote the numerous benefits of participation through mass marketing efforts.
- **COMPETITIVE SUCCESS** - USAR strives to maintain America's position as the number one racquetball nation in the world. Success at the elite levels has a positive influence on every other facet of our sport.
- **SPONSORS AND SUPPORTERS** - USAR values its relationship with sponsors and will continue to maximize benefits and exposure.



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NATIONAL DOUBLES



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HIGH SCHOOLS

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By James Hiser, Ph.D.
USAR Executive Director

NEW ENERGY

For The Sport

The Ektelon Nationals, presented by Pro Penn, has all the makings of another World Class event in the spirit of the US Open.

Thanks to the leadership, with the support of Ektelon's Scott Winters and Eric Muller and Jason Mannino from the IRT, this new California-based event will conclude the 2010-2011 racquetball schedule with perhaps the largest tournament of the season.

The combination of the history of the Ektelon Nationals; the final event of the

IRT pro season; and the excitement of the U.S. Amateur and Military Championships will create a unique atmosphere and a renewed enthusiasm for the sport.

All matches will be at one location, the Meridian Sports Club in Fullerton, with the portable all-Lucite court outside under a concert roof. The venue will feature a VIP tent, an Ektelon outdoor court, sponsor booths and a huge Players' Village.

The designated cause for this event is the Wounded Warrior Project. We are honored to support these courageous veterans.

Don't miss this event!

RACQUETBALL4EVER



photo by Darren Olivero

GIVING BACK

Wins in the Sport, Off the Court

By Cheryl Kirk,
USAR Board President

One of the joys of being involved with racquetball is being able to give back both to our sport and to our communities on the local, state and national levels. Racquet for the Cure tournaments...the Military Racquetball Federation and Steven Harper working shoulder-to-shoulder with wounded soldiers...Peter Berger and Jeff Weinstein leading the WFRA in support of an injured firefighter and his family...the many small kindnesses behind the scenes for juniors and for those without the resources to participate without assistance. Racquetball is rich with players who stretch beyond tedious politics and self gain to the real enjoyment that comes from helping others and truly making a difference.

Woody Clouse provides a perfect further illustration of this concept. Woody is a four-time gold medalist for Team USA, two-time #1 ranked player on the CPRT, and two-time US Open CPRT champ. There's a lot more to be said about his accomplishments as a player, an author, and a

racquetball director over the years, but when you talk with Woody, he quickly turns the conversation to his favorite charity, the Make a Wish Foundation of Colorado. The picture next to this article depicts Woody and his wife Valerie Ann Kuhns at a Make a Wish fundraising event held on February 23rd in Denver. Through his energy and creativity, Woody provided significant support to the attainment of the evening's fundraising goal. In fact, autographed bib aprons like the one he wears in the photo raised over \$17,000! Along with the Denver Nuggets' J.R. Smith and Al Harrington; University of Colorado football coach Jon Embree; Olympic skier and former NFL player Jeremy Bloom; ESPN sports writer Woody Paige; and MC David Treadwell (Denver Broncos Alumni), Woody lent his celebrity panache toward making the event successful beyond expectations.

The impact we have as human beings, racquetball players and ambassadors for our sport expands exponentially with the more people we touch. Tell us your stories...we want to hear about your wins both on and off the court!



photo courtesy of Woody Clouse



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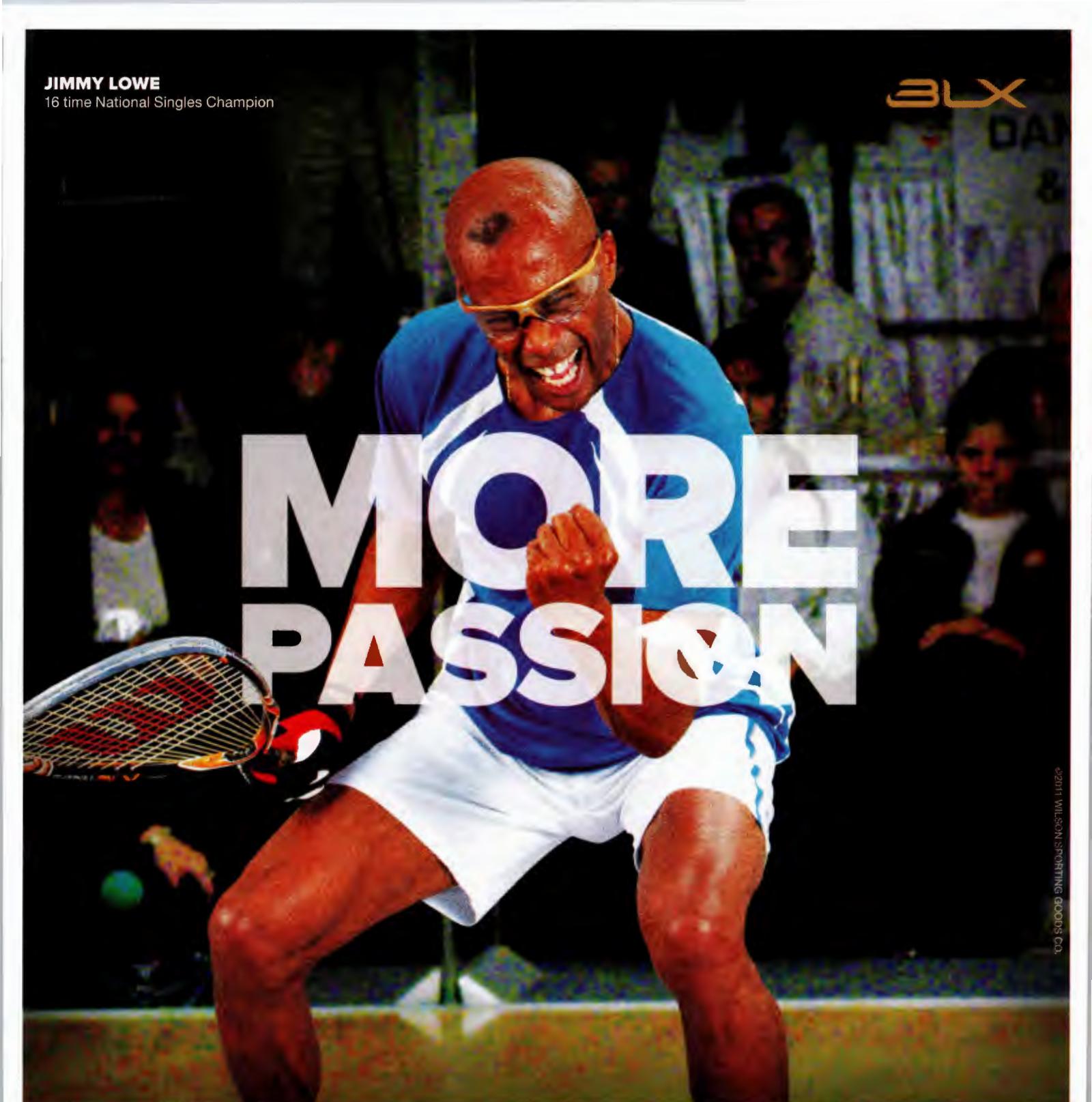
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KANE WASELECHUK AND KIM RUSSELL WASELECHUK

by Jennifer Sinclair Johnson • photos courtesy of IRT

When we hear pro players have met their match, the first thought that comes to mind is on the court and against each other. The opposite was true when these top pros found love around the courts and became the perfect match for making a family and home.

KANE WASELECHUK AND KIM RUSSELL WASELECHUK

With a casual "nice to meet you," the future Mr. and Mrs. met at the 2000 World Championships in Mexico, but they didn't go on their first date until a couple weeks later during a joint WPRO/IRT pro stop. Would you believe they played racquetball? Doubles, on the same team.

At the time, Kane was living in Canada and Kim in Texas, but they talked on the phone and planned a New Year's Eve visit until he changed his mind. He called her before Christmas, moved up the date, and didn't use his return flight until he was ready for a quick trip back to pick up his stuff.

Kim, a two-time World Doubles Champion and four-time National Doubles Champion, and Kane, in the early stages of his record-setting career, both continued to play. But after two years it got to be too much. She worked and he trained weekdays while they both traveled to different pro stops on weekends. Kim, now an anesthetist, only competes at doubles these days. Yet Kane and Kim paired up to win their first Mixed Doubles event, 2009 National Doubles, and Kim partnered with Rhonda Rajsich to take home the bronze during this year's National Doubles Championship.

She doesn't miss many pro stops, traveling with Kane and often bringing their two daughters along. As Kennedy and Kendall, ages two and one respectively, have gotten older, Dad's found it tougher to leave them behind. "They grow so fast. But, it's a good balance and that's the main thing. It's less stressful and makes it easier to travel knowing the kids are alright."

Racquetball Couples Make an Off-Court Match

The kids aren't the only ones who travel with him. Kim is quick to mention the rest of their family. "Shiloh and Shakur, the best two dogs in the entire world" have made it to three U.S. Open tournaments and two other Tier 1 events. The Waselechuk's continue to welcome other new pets into their home by serving as foster parents for Austin Pets Alive. "Broken legs, sick, a mom and her two ten-hour old puppies, it doesn't matter. We take them in."

When they're not playing, or parenting children or pets, they play golf. Kane is also in a hockey league and likes freshwater fishing.

Despite making a living playing a game most of us enjoy just for fun, traveling to tournaments together is not a vacation. "People think that when we're not at a tournament, all we do is talk about racquetball and, conversely, that when we're at a tournament, they think we're on vacation." Kim makes it sound simple. "I work during the week and he works weekends."

JACK HUCZEK AND CHRISTIE VAN HEES HUCZEK

What are the chances for two single people from two different countries to start dating in a third country? Pretty high as it turns out, if they are Canadian Christie Van Hees and American Jack Huczek in the Dominican Republic.

It wasn't love at first sight. They'd heard of one another of course, since both players were in the midst of careers that put them at the upper echelon of the sport. Before retiring, Christie had earned the #1 WPRO ranking, three US Open titles, and six Canadian and two World Championships. Jack, formerly #2 and currently #4 on the men's tour, has won three IRT Championships, three Pro Nationals, four US Singles, and six US Doubles titles.

Both Christie and Jack took home the Championship from the IRT Worlds in 2006, the tournament where these Head-sponsored players had the chance to get better acquainted.

Christie recalled how their relationship grew via phone calls and intermittent travel, but IRT/WPRO events gave them the opportunity to visit face-to-face. "It's pretty cool to get to know someone over the phone and avoid that date-and-dinner awkwardness."

In retrospect, she also appreciates the good timing of their introduction. "I could find room in my life. Jack would agree. For three years we had a long-distance relationship, which afforded me the freedom to move ahead in my career. I have no regrets. I could keep my career and he's able to continue playing."

Relocating together to Texas, she from Canada and he from Michigan, deepened their connection. "We both shared the new experiences and friends so we've had to work as a team from the get-go."

They both like it but miss the north, according to Jack. "We always go home, where most of our family and friends live. Even though we don't miss the snow and cold, it's nice to visit."



JACK HUCZEK AND CHRISTIE VAN HEES HUCZEK

Then it's nice to come home. One of the best parts of their relationship is that they're very active together, playing tennis, golf, and yes, racquetball. She's his secret training weapon.

While Dallas famously hit a cold spell last winter, at least one member of the Huczak family probably enjoyed it – Indie, the mushing sled dog Jack had started adopting from Alaska prior to Christie's relocation to a warmer climate. Their other dog, "Hogan the Golden," also came to them in a winter-weather kind of way, after he was dumped in their neighborhood the day before one of the worse cold snaps in Texas history. "He's the most amazing dog – so sweet and loving. We couldn't let him go to the pound."

More recently, they've welcomed the newest member of their family, daughter Eve. Christie has clearly enjoyed the transition to parenting. "One of the best things about motherhood is to live more in the moment. As an athlete, I was training for and looking forward to trying to achieve that next goal. As a mom, every day is different. Now I look forward to spending every day with her."

With a full time career and job as a working mom, life can be challenging with Jack often gone Thursday through Sunday. Yet, they credit the unique relationship forged while both still played professionally for making their roles a success.

"We each respect and value what the other has done in the sport. It's what really solidified our relationship, because I had a good understanding of who Jack was early on. It's so nice that it's carried over into something as special as marriage."

ANDY AND TRACY HAWTHORNE

Dual careers can be tough on a marriage, unless the couple is Andy and Tracy Hawthorne and the profession is racquetball. "We both love the sport. He's playing the tour full time. While my friends say that's hard, I understand the game is his job. A lot of relationships would really struggle, but it works for us."

When we spoke, the couple had just returned from Michigan, where they had driven eleven college students to compete in a regional tournament. Tracy reminisced, "It's really special for me to be involved at that level because that's where I started to play. They have the same passion getting into to it as I did when I started."

Tracy also works full time as an accountant and is finishing up her master's degree in preparation for the CPA exam, after which she plans to have more time to actively pursue her goal of growing the game.

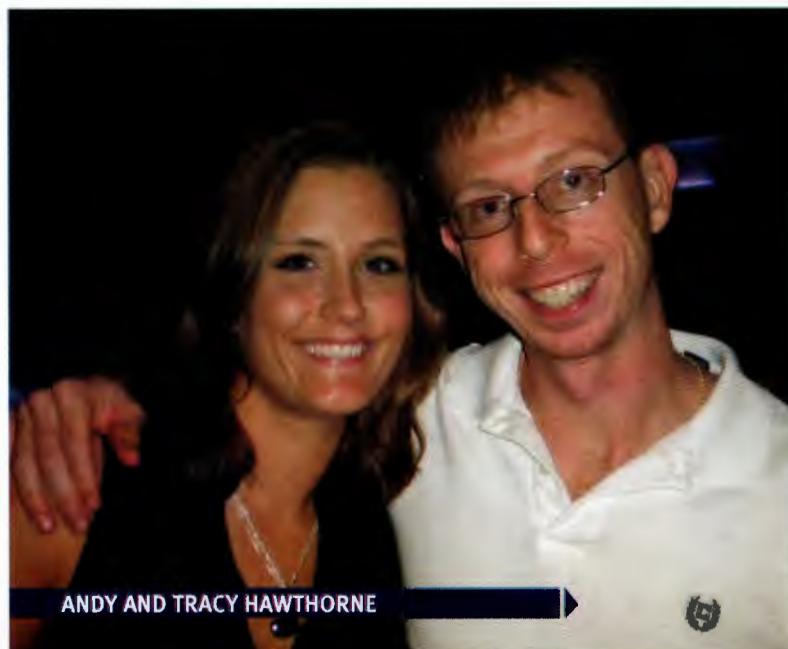
Perhaps she downplays her day job because working with college students is really special for the couple, since that's the age she started to play and how she and Andy met.

"At first I wasn't that good, and I was just in it for the parties. After getting into the game and learning how cool the people were, I fell in love with the sport. I love everything thing about it."

Andy would disagree – but only about her not being that good. "We'd been friends for a very long time. After three or four years, we both decided our relationship was more like boyfriend and girlfriend and made it official."

These days they both play at Baldwin College, where Andy practices and Tracy works with the students. Andy enjoys teaching and being around them and tries to join them once or twice a week when he's in town.

The only family member who doesn't appreciate their love of the sport might be Mia, their cat, who sits on their racquetball bags in protest whenever they get ready to travel. Tracy is grateful for the sacrifice, since this racquetball pair enjoys working with others as much as playing. "It keeps me feeling young."



ANDY AND TRACY HAWTHORNE

WOMEN'S PROFESSIONAL RACQUETBALL

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WELCOME TO THE **GREAT BALLS OF FIRE**

WPRO GREAT BALLS OF FIRE Florida Tournament

photos and article by Dave Ellis

When you're in Miami, you feel like you're at one of the major crossroads of the world. It seems everyone is bilingual and that many have ancestry from the Caribbean, South America, Europe or New York. Such was the atmosphere for the always-popular WPRO Great Balls of Fire Tier 1 stop held during the weekend of February 24-27. The WPRO draw itself grows ever-more international -- of the 21 entrants in the pro draw, 9 were from the U.S., 5 from Canada, 5 from Mexico, 1 from Colombia and 1 from Chile. There were actually more international players competing than U.S. players!

Directors Vivian Gomez and Lynn Olvey have done a great job for years with the Great Balls of Fire tournament, held on the beautiful campus of the University of Miami at Coral Gables in the Health and Wellness Center. One of the joys of a visit to the University is to get out and walk on the campus, taking in the sun and the youthful energy of the students. On Thursday afternoon the students were out in force, many with their computers, lying on the grass or sitting at one of the many cabana-like tables. We even

stumbled on a band churning out '60's music in the cafeteria area. Wow, what a beautiful place for an education!

The Round of 16 on Friday evening saw several thrilling matches with Jen Saunders defeating Cristina Amaya, and Susy Acosta defeating Krystal Csuk, both in five games. The biggest upset, however, came with IRF silver medalist Nancy Enriquez defeating fourth-seeded Samantha Salas, also in five games. Samantha has been having a great year, and she quickly won the first two games, 11-4 and 11-3. The third game saw Samantha jump out to a lead and advance to match point. But Nancy wouldn't allow defeat and hung tough to take the game 12-10. The upset was completed with Nancy winning games 4 and 5 with scores of 11-6, 11-7.

A second upset was a repeat of a match in Canoga Park with Kerri Wachtel facing off against Angela Grisar. Kerri won the first two games easily, and it looked like she would avenge her previous loss. But in the third game, with Kerri holding her lead, the tide turned. Kerri, more than anyone, always seems to hit the right shot, but here, Angela

seemed to anticipate her every decision. When Kerri would go down the line, Angela would move over and cover it; when she pinched, Angela hurried around Kerri and was there to keep the ball in play. In this grueling two-hour match punctuated with long rallies, Angela took game 3, 11-8. She dominated game 4 as well, 11-4, and then jumped to a lead in the fifth and barely held on to win as Kerri fought back with everything she had. Angela took the 'breaker, 11-9.

In Saturday morning's quarterfinals, Paola Longoria seemed to have the only easy match, defeating Suzy Acosta by scores of 11-8, 11-4, and 11-0. Rhonda won the first game against Jen Saunders, 11-9 and then let the second game slip away, losing 11-5. She easily closed out the match with scores of 11-2, 11-1.

Cheryl Gudinas was on her game, and she turned back Adrienne Fisher by scores of 11-5, 11-9, and 12-10. It was Nancy Enriguez vs. Angela Grisar, and both ladies were coming off of long and difficult matches from the night before. Nancy had a little more gas in her tank and won the match 11-3, 11-7, 8-11, and 11-8.

A large crowd gathered Saturday evening in anticipation of a great semifinal show. The show, however, was not to be, as both Paola and Rhonda were in excellent form and plowed through their opponents. Rhonda was totally impressive, defeating long-time rival Gudinas by scores of 11-4, 11-1, and 11-3. Holding Cheryl to eight points in a match was an accomplishment. Paola brought her game and was too much for her Mexican National Teammate, Nancy Enriguez. She dominated the second semi by scores of 11-3, 11-4, and 11-7.

So the final was set with the match that everyone has come to love, Paola Longoria vs. Rhonda Rajsich. The crowd was at capacity and even Miami-based Univision was on hand to film the play for future viewing on their show, *Republica Deportiva*. It's hard to put into words what was witnessed in the final. The play was certainly at the highest level of women's racquetball. This includes matches with the great Michelle Gould, Lynn Adams and Cheryl Gudinas in her prime. Both players made great shot after great shot and get after get, Paola with her quickness and Rhonda with her Mannino-style dives. The norm was that it usually took a minimum of four great shots to win a rally. The first game was back and forth with Paola edging out a win, 11-9. In the second game, Rhonda dominated and built a huge lead only to see it diminish slightly before she closed it out, 11-5. Then Paola jumped to a 7-2 lead in the third game. Rhonda fought back hard and tied the score at 8-8. After a few sideouts, Paola got hot and scored 3 straight to win 11-8. In the fourth game, Rhonda built a lead and was up 10-5. Paola pushed and pushed to make the score 10-8, but with a garbage serve to the right, Rhonda scored point

#11 and pushed the match to 5 games. The fifth game seemed to be all Rhonda. She was making great contact with the ball as well as retrieving many of Paola's best shots. In so doing, she built a 10-5 lead. It appeared that she had the match in hand. Paola fought off the first match point and then served an ace and a couple of near aces to score three points, making the score 10-8. Rhonda had a second chance at match point but didn't get it. Then Paola took the box and hammered out four straight points to complete the comeback and win the game and match 12-10.

In typical WPRO style, it was a tremendous display of hard-fought competition and solid sportsmanship with the women calling many double bounces and skips on themselves

throughout play. The win left Paola still in the #1 position, although Rhonda still retains the lead in "year to date" point totals. As of this writing, two more Tier 1's and a Grand Slam remain on this year's schedule. It's going to be fun to watch the fight as La Princesa Paola and Rocking Rhonda play out for the year-end #1 position!



SCHEDULE		
DATE	TOURNAMENT	LOCATION
Apr.29-May 1	In Shape WPRO Championships (T1) presented by Ektelon	Stockton, CA
May 12-15	WPRO Ektelon World Championships	New Orleans, LA

CURRENT RANKINGS		
1 Paola Longoria	Tijuana, Mexico	1719.78
2 Rhonda Rajsich	Phoenix, AZ	1543.30
3 Cheryl Gudinas	Naperville, IL	966.20
4 Samantha Salas	Monterrey, Mexico	832.20
5 Kerri Wachtel	Cincinnati, OH	514.55
6 Adrienne Fisher	Centerville, OH	448.95
7 Jennifer Saunders	Winnipeg, MB, Canada	414.10
8 Krystal Csuk	Chicago, IL	337.20
9 Suzy Acosta-Mendoza	Chihuahua, Mexico	334.80
10 Cristina Amaya	Colombia	300.78
11 Angela Grisar	Santiago, Chile	236.00
12 T.J. Baumbaugh	Reston, VA	225.50
13 Jo Shattuck	Denver, CO	222.80
14 Keely Franks	Euless, TX	221.50
15 Christie Huczek	Trophy Club, TX	214.00



by Otto Dietrich
USA Racquetball National Rules Commissioner



CARRIES ARE... STILL NOT ALLOWED

Here's a quick primer on answers to several questions I have answered recently...

- The ball remains in play until it touches the floor a second time, even if it touches the front wall more than once during that same rally.
- A referee should never say either "possible game point" or "possible match point" when calling the score at those times in the game.
- A screen serve is one that (1) passes close to the server AND (2) that closeness impairs the receiver. There's no set distance specified in the rule and no requirement to be able to see the ball hit the front wall. The receiver must, of course, first take a good position to see and return the serve.
- The service motion begins with any continuous motion that results in the serve being made.
- When a doubles team wins the serve, either partner can serve first for the team. The serving team, the opponents and the referee must all keep track to ensure that one partner doesn't get to serve more than once during the same inning.
- There are two types of court hinders – those designated before the match starts that result in play being stopped immediately and those that are not designated in advance but involve judgement as to whether a bad bounce occurred and whether it affected the rally.

Always "Play by the Rules" and, if you don't have a copy, you can review them on-line at usra.org/Rulebook.aspx. Hopefully, by the time you receive this issue, the new (corrected) version of the 2011 Rulebook will be available on-line as well as remain available as a downloadable pdf file under the Rulebook tab on the left side of the USAR homepage.

- Warm-up time is 5 minutes total for singles and 5 minutes per team in doubles; timeouts are for 30 seconds; and 2 minutes is allowed between the first and second game while 5 minutes is allowed between the second and third (if needed). Referees who diligently enforce these time periods help tournaments run on time.
- The best referees are those who seek to use line judges for every match they ref. It's important the referee fully understands the rules pertaining to line judges.
- Every tournament should set up an official tournament rules committee to resolve any issues that the referee, tournament desk, or tournament director cannot resolve. Players should ask that issues be elevated to this committee if circumstances warrant.
- Carries (carrying the ball with your racquet) are still not allowed. "Carries are okay" is an urban legend!
- Anyone can propose a rule change. Submit them to me or to the National Office before June 1st of each calendar year and they will be addressed in the next rule change cycle.

Please realize that various sanctioning organizations (e.g., IRT, WPRO, and CPRT) may have their own rules that override one or more of the above, so please check with their commissioners for the latest revisions/exceptions before engaging in any dialogue at one of their events.

Do you have a rules/refereeing question? Be sure to email it to ODietrich@usra.org. Not only will you receive an answer, you just might find it featured in an upcoming issue of *Racquetball*.

REFEREE CLINIC

GET WITH THE PROGRAM

by Connie Martin



Referees Clinic Sign Up Sheet

Wednesday, March 30th 7-8:30pm
It's Free!!

Wear playing gear, we will learn how to ref and then alternate between playing and refereeing each other.

Register by March 28th

Name (Please Print)

Name (Please Print)

Racquetball Referee Clinic

Wednesday, March 30th
7-8:30pm

It's free

With the upcoming Spring Open/Regionals hosted here at Cascade Athletic Club, we want to make sure everyone feels comfortable refereeing. Make sure to bring playing gear because while we practice refereeing, you will be playing too! Pre-register by March 28th on RBall Board

One excellent clinic to host for players that may be new to tournament play and/or how to referee a match. Whether you are hosting a tournament or just have players that play in tournaments, have a couple of clinics a year that teach people how to referee! It is also good for the players who do play tournaments to get in some practice. As a player, if you are playing in a tournament, make sure you know the rules. If you are unsure of one or two of them, ask ahead of time so you know the answers. As a director, it should be partially our responsibility to get our members ready to referee. Many times our members may not want to play tournaments because they don't know how to referee or have had a bad experience with it. Tournament players are our long-time members, and it is important to keep them.

Promote: First make sure to promote the clinic. Yes, you could charge, but I recommend you do a free clinic. Have a poster made up and put on your court doors and racquetball bulletin board. You can also put on your website, include in your e-newsletter and include in your seasonal brochure. You can have a sign up sheet too, so you know how many people will be coming, or include the announcement in your email newsletter with an RSVP request.

Clinic: Hold a 30-45 minute referee clinic covering all of the information listed below. After the clinic use some (pre-made) score cards. One possibility depending on the number of people in your clinic and number of courts, you can have 7-point games and have four players assigned to each court (if singles). One is refereeing, two are playing and one is observing. Have them rotate around and play each other while everyone on that court gets a chance to ref each other. You can float between courts, giving out pointers (and praise).

HERE ARE THE KEY POINTS THAT SHOULD BE COVERED IN A REFEREES CLINIC:

Pre-Match Duties:

Be on time. Pick up the score card, pencil, towel, and court assignment at the tournament desk.

Upon Getting to Your Court to Referee:

1. Introductions
2. Court Hinders
3. Number of Time Outs
4. Any Special Rules
5. Determine Server (Number 1 or 2, toss of coin)

Match Duties:

- Care About The Match
- Make All Calls
- Loud and Clear
- Do Not Use Any Excess Words
 1. Safety First
 2. Call the Score (one serve one or one - one)
 3. Call Hinders
 4. Calls at end of rally – Skip or Point, or Skip or Side Out, or Point or Side Out
 5. Pace of Game - keep in moving, don't let the slow player determine the pace of play
 6. Overruling Calls- if they wish to overrule you together, don't do that
 7. You Are the Boss - remember that your call stands unless they overrule it. Don't let the spectators call the match.

Go over the following Rules:

(what happens when and how to call it)

- ball hits person
- serves (faults/illegal/crotch/out serves)
- hinders/screens/avoidable hindlers
- illegal hits
- safety zone violation
- appealing
- forfeitures
- doubles rules

Practice: Break into groups and have them practice

Every member can go online to their membership profile and take, for free, the three on-line tests (general test, doubles test, juniors). They receive immediate feedback regarding each question, and they have the ability to print a diploma if they pass the test.

The Making of a CHAMPION



by Fran Davis • Diana McNab (Sports Psychologist) • Dan Obremski (Fitness Expert)

Okey, let's continue "Making You a Champion" using the core principles of "Building Your Racquetball Dream House" as you build your championship racquetball game. This will allow you to always complete the "Racquetball Success Triangle" we mentioned in earlier articles in this series.

1 RACQUETBALL SKILLS

We stated before that in order to have the consistency level of a champion, you need to be fundamentally sound. We started with stroke mechanics and covered the five components of the stroke. In the Winter 2011 issue we decided that your "attacking forehand and penetrating backhand" mean nothing unless you are consistent at performing these strokes in a game, so we introduced drilling and practice sessions.

In this issue we focus on one of the most important aspects of the stroke mechanics, Early Racquet Preparation (ERP). ERP is getting your racquet up above your head with your elbow in line with your shoulder for your forehand, or chest-to-shoulder high for your backhand. You must do this as soon as the ball hits the front wall and you know which side the ball is going to go to, so you are ready to hit the ball. This is very similar to baseball. In baseball the batter's bat is up before the pitch is even thrown so the batter is ready to hit the ball.

Think about it: in baseball the pitcher's mound is 60 feet from the plate, the ball travels in excess of 85 mph, and the batter has the bat up. In racquetball the court is only 40 feet long, but the ball sometimes travels in excess of 150 mph. Therefore in racquetball it is crucial that your racquet is up. With the ball traveling at these speeds, it's that much more important to develop a good habit of ERP so that all you have to do is swing when the ball approaches. If your racquet or bat is down as the ball comes at you, you'll have to lift it up then swing, which will lead to inconsistent swings.

2 MENTAL SKILLS

Achieving Peak Play

Peak play is when you are playing your best and everything feels right. Almost all athletes, once they have the basic skills, techniques, and tactics familiarized, are ready to train to enter this zone.

Here, you are one with the ball. You feel invincible as if no one can stop you, the ball looks bigger than life, and everything is in slow motion. Each move, shot, and play happens automatically, without thought, because you're playing with your gut. You see the ball and know instantly what shot to make and where to put it and with what kind of speed. There is no time to think, analyze, or change your mind, and the endorphin rush is amazing. You just see it and do it—that's peak play!

Preparation for Peak Play

To make peak play happen, prepare for the task at hand.

- Body
- Mind - nostril breathing, visualization, affirmations and cue words
- Spirit

With the body, mind, and spirit working together, you are ready to turn your whole game over to trust and faith. Believe in yourself, your skills, and your competitive instincts, because these are the only things you can truly control.

3 FITNESS SKILLS

Balance

In racquetball, balance can be defined as the ability to perform your sport at any speed or to move into position with total control of your body and great posture. In other words, it is the ability to maintain bodily equilibrium, which comes from strengthening core body parts. Balance is one of the ingredients in conditioning that racquetball players overlook, but it's a key factor that allows you to perform the forehand and backhand mechanics with total confidence. Because you're now more self-assured, your shots, serves and return of serves become more consistent, accurate and powerful. This puts total pressure on your opponent...and what do most people do under pressure? Choke.

4 NUTRITION SKILLS

Diet

Racquetball muscles need glycogen in order to perform optimally. Glycogen, a muscle energy source, comes from fruits, vegetables and whole grains or complex carbohydrates. Your brain needs glucose (blood sugar) and your entire metabolism needs water. Racquetball muscles also need amino acids, found in protein, to repair your tissues and cells.



Ryan Miller **JOINS MRF**

by Steven Harper,
Military Racquetball Federation

Born on Staten Island, Ryan Miller (Suds Monchik's cousin) attended the prestigious Stuyvesant High School in Manhattan where he was team captain and MVP of the football team his senior year. He went on to the United States Military Academy at West Point, finishing near the top of his class, and was commissioned a Second Lieutenant upon graduation in May 2005. Ryan spent the next year at Fort Benning, Georgia, honing his skills as an infantry officer and successfully completing both Army Ranger and Army Airborne schools in the process. Afterward, he led a platoon in the Second Stryker Cavalry Regiment, training his soldiers for a year before deploying to Iraq and leading them in combat operations in Baghdad.

On October 18, 2007, Ryan was severely injured in a roadside bomb attack that killed another soldier and injured

half a dozen more. After three years of attempting

poor results to save the limb, Ryan elected to have it amputated below the knee in September 2010. Since the amputation, Ryan has made huge strides in his recovery. In only a few short months since getting a prosthetic, he has participated in golf, skydiving, triathlons, road and bike races, and of course, racquetball!

We at USA Racquetball thank you for your service to our country, Ryan, and we welcome you to the MRF!



Photos Courtesy of MRF

WOMEN'S SENIOR/MASTERS RACQUETBALL



SPRING UPDATE

by Joan Vande Kieft

The WSMRA is an organization dedicated to promoting racquetball as a lifetime sport. Our members are women 35 and over who want to compete at a high level and have fun at the same time. We sponsor a yearly national tournament of self-refereed, round robin play within age groups. All matches in our tournament count in the current USAR ranking system. We emphasize fun, friends and good sportsmanship. The WSMRA values its long-time partnership with our National Sponsor, Wilson Racquetball.

The WSMRA continued its third decade of thrilling tournament action with the recently completed 22nd Annual Women's Senior/Masters National Racquetball Championships, held for the first time in Colorado at the Highlands Ranch Recreation Center. The tournament featured a fun doubles, silent auction and of course the famous Saturday night banquet.

Excitement is already building in anticipation of next year's Championships to take place in Sarasota, Florida, January 13-15, 2012. This promises to be another fantastic three days, including the annual Fun Doubles Breast Cancer Fundraiser on January 12. Two clubs will host the tournament: the Bath & Racquet Club and the Sarasota YMCA. The Sarasota area boasts many attractions, including Siesta Key beaches, Siesta Key Village, Turtle Beach, and the Ringling Museum. Stroll the circle on St. Armand's or spend time viewing interesting sea life at Mote Marine or kayaking and canoeing in Myakka State Park. Other attractions are the Sarasota Jungle Gardens, Sarasota Classic Car Museum and Marie Selby Botanical Gardens. Don't miss this one as we return to Florida for the fourth time. Plan now to join us for great racquetball and fun in the sun!

For information, tournament pictures and more, check out the WSMRA web site, www.wsmra.com, or contact kdtutsch@wisc.edu.

CPRT PENFIELD PRO-AM

Woody Clouse turned in another dominating CPRT performance as he re-established himself as the tour's #1 player with a three-game sweep over Mike Ray in the finals of the Penfield Pro-Am. Clouse has prevailed in this long-standing CPRT event three straight years.

Friday night in Rochester at the Penfield Pro-Am was a long and interesting evening of matches. While all four of the CPRT Touring Pros made it through to the semifinals, it was not without a few stumbles and one strong comeback. Only second-seeded Woody Clouse made it through cleanly with a straight three games, 9-2, 9-6, 9-4 over Tom Mastrodonato, who earlier had stopped Jeff Schuetz. Top-seeded Cliff Swain dropped the first game 5-9 to Dave Spoleta before moving on with 9-5, 9-8, 9-7 wins. Spoleta battled past Ron Corsaro in his first match before meeting Swain. Ted Pittinaro took out Bruce Bell to earn his spot with Mike Ray and took one of the games before Ray stepped it up to close out the match 9-4, 9-6, 6-9, 9-1. The match of the night was also the longest as CPRT Pro Mike Ceresia came from behind to stop third-seeded Jimmy Lowe. He fell behind to Lowe 3-9, 9-1, 7-9 before gutting out the final two games 9-8 and 9-7 in the tiebreaker.

Early on Saturday, Mike Ray earned his first career CPRT finals berth as he cruised past an obviously injured Cliff Swain (9-8, 9-1, 9-2) in the first match of the day. Clouse battled with Mike Ceresia and overcame several



Photos Courtesy of CPRT

game points in a hotly contested third game to advance 9-5, 9-1, 9-8.

In the Final, Clouse's combination of power and angles combined with a great defense never gave Ray a chance to get started. Clouse finished out the event and took the title with scores of 9-3, 9-5, 9-1. He would now enter the CPRT Nationals (Las Vegas, April 7-10) as the #1 seed with the opportunity well within his reach to "three-peat" as Tour Champion.

Many thanks to Keith LoPresto and the tournament staff of Penfield Fitness & Racquet Club as well as all the sponsors for putting on another great event.

UPCOMING CPRT EVENTS

The new season will again open Outdoors with the July WOR Championships and the much-anticipated second annual 3 Wallball World Championships on September 21-25, 2011 in Las Vegas! More information is available on classicproracquetball.com and R2 Sports.

CPRT RANKINGS

as of March 15, 2011

RANK	PLAYER	TOTAL
1	Woody Clouse	3150
2	Cliff Swain	2865
3	Jimmy Lowe	1310
4	Craig Lane	1300
5	Mike Ray	1295
6	Jeff Bell	1060
6	Louis Vogel	1060
8	Dale Valentine	1045
9	Bret Harnett	1040
10	Richard Eisenmann	910
11	Doug Ganim	785
12	Ted Pittinaro	645
13	Brad McCunniff	540
14	Ruben Gonzalez	525
15	Gabriel Medina	520
15	John Ivers	520
15	Kevin Booth	520
15	Mike Beltran	520
15	Mike Peters	520
20	Mike Ceresia	515
21	Dave Spoleta	270
22	Tom Mastrodonato	265
23	Bobby Ferreira	260
23	Jeff Johnson	260
23	Jesus Ustarroz	260
23	Paul Dylewski	260
23	Rick Koll	260
23	Rick Sandello	260
23	Roland Grassl	260
23	Trey Taylor	260
31	Herb Yamashiro	255
32	Steve Wattz	250
32	Tom Travers	250
34	Darrell Baricuatro	135
34	Daryl Uhrich	135
34	Eric Fernandez	135
34	Jim Fernandez	135
34	Lee Mayer	135
34	Peter Gauci	135
34	Robert Siebert	135
34	Steve Cohen	135
34	Steve Ivers	135
34	Tony Burg	135
44	Bruce Bell	130
44	Dave Sable	130
44	Fabian Parrilla	130
44	Jim Frautschi	130
44	Keith Minor	130
44	Mark Maupin	130
44	Rob Mijares	130
44	Ron Corsaro	130
52	Gary Martin	125
52	Jeff Hanno	125
52	Jeff Schuetz	125
52	Kevin Graham	125
52	Robert Martinez	125
52	Rod Frontino	125
52	Scott McMasters	125
52	Vinnie Shoemaker	125





WORLD OUTDOOR RACQUETBALL

TIME TO PLAY OUTDOORS!

The snow has melted (almost everywhere), the leaves are back on the trees.... That means it's time to play outdoor racquetball!

Check out the new WOR web site at worldoutdoorracquetball.net to get the 2011 schedule, outdoor rules, current rankings and much more.

The 2011 Racquetball Warehouse WOR Championships presented by Ektelon will kick off the season on July 7-10 in beautiful Huntington Beach, CA. You don't want to miss "The Biggest Party in Racquetball" this year! After a hugely successful inaugural tournament in 2010, the 3 Wall Ball Championships are coming back to the

Stratosphere Hotel and Casino in Las Vegas, September 21-25.

But that's not all! The WOR schedule is full of big events in 2011. In June, Huntington Beach will host the Ektelon Warm-ups, which typically produces draws almost as big as the Championships. Detroit will again host the Belle Isle Championships, presented by Ektelon. Boca Raton, FL will be the venue for three Super Series events this year. First up will be the Gearbox Florida State Championships, next, the Wilson World Cup, and then Florida's traditional event, The Pro Kennex Championships. Check our schedule for dates and more information!



2011 Junior Olympic Championships

June 22nd – 26th
Sunset Athletic Club
13939 Northwest Cornell Road
Portland, OR 97229



The host hotel for Junior Nationals is:
Courtyard Marriott
3050 Stucki Place
Hillsboro, Oregon 97124
503-690-1800
\$109 for Single King bed with sofa bed
\$119 for two (2) Double beds

For more information or to enter online
visit us at www.usaracquetball.com



FULLERTON, CA • MAY 25-29



2011 OFFICIAL ENTRY FORM

WEDNESDAY

PRO AM DOUBLES TO
BENEFIT WOUNDED
WARRIOR PROJECT



WOUNDED WARRIOR
PROJECT™

The Ektelon Nationals is proud to announce the Wounded Warriors Program as its designated charity. 24 lucky amateurs will have the opportunity to play in a single elimination (one game to 15) doubles challenge with a top professional players as their

partner. All proceeds will be donated to The Wounded Warriors Program, and each amateur player will receive an autographed gift from their pro partner. Call 719-499-3252 if you are interested in participating as spots are limited. Pro/Am Doubles for The Wounded Warriors - \$200 donation. (Your matches for any other divisions you enter will not be scheduled Wednesday evening so you can participate in this event).

FRIDAY

HEAD® *Penn*
PIG ROAST AND POOL
PARTY AT THE MARRIOT

SATURDAY

EKTTELON
HERITAGE PARTY AT THE
MERIDIAN CLUB

SUNDAY

PARTY IN THE BAR AT
THE MARRIOTT HOTEL

AND ALL WEEK LONG...

U.S. TEAM AUCTION

There will be an auction to benefit the U.S. Team held throughout the event. Anyone willing to donate an auction item please contact Mary: mmeredith@earthlink.net



Part 1: Entry Form

If you are FAXING(\$15) your entry, be sure to include BOTH sides of this page in your transmission! Fax: 719/635-0685 or enter on line at www.usaracquetball.com



Please PRINT

Name _____ Gender: M | F

Birthdate _____ Age _____

Address _____

City/State/Zip _____

Email _____

Phone (Day) _____ (Eve) _____

Employer _____ Occupation _____

Regional (required) _____ Division(s) _____

FOR SEEDING — Please indicate your finish in these events:

2010 National Singles

Finish____ Div____

Event Sponsors:



2011 Regional Qualifier

Finish____ Div____

2010 U.S. OPEN

Finish____ Div____

2010-11 NMRA / WSMRA

Finish____ Div____

2011 State Championship

Finish____ Div____

WAIVER I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against USA Racquetball, Hyatt, Ektelon, Meridian Club, Penn Racquet Sports, and all other event sponsors or their respective agents for any and all injuries. I also acknowledge the potential risk of eye injury during competition, and can provide certification in writing that my protective eyeguards (including prescription frames/lenses) conform with all standards specified in USA Racquetball Rule 2.5(a).

By registering to compete in this event, I consent to be subject to drug testing as administered according to the USA Racquetball/USOC guidelines, and release all rights to the use of event photographs in which my image appears. Full waiver to be signed at check-in.

Participant Signature & Date



ALL players in the amateurs divisions must have pre-qualified by competing in any division at a qualifying event. See "Qualifiers & Certifications."

MEN'S PRO DOUBLES partner_____

MEN'S PRO QUALIFIER

U.S. NATIONAL TEAM QUALIFIER/OPEN

U.S. National Divisions

AGE _____ SKILL*

24-

Elite (state open)

A

30+

B

35+

C

40+

D

45+

AGE + SKILL**

50+

A B C

55+

A B C

60+

A B C

65+

A B C

70+

A B C

75+

A B C

80+

A B C

85+

A B C

50+

A B C

55+

A B C

60+

A B C

65+

A B C

24- A B C

25+ A B C

30+ A B C

35+ A B C

40+ A B C

45+ A B C

50+ A B C

55+ A B C

60+ A B C

65+ A B C

U.S. Military Divisions

Open & A B & C D & Novice

30 plus 40 plus

Junior Divisions

10 & under advanced intermediate

14 & under advanced intermediate

18 & under advanced intermediate

* Player may enter only one of the divisions shown in RED, and must be approved to compete at that skill level (see "Qualifiers & Certifications").

** Age + Skill Level — Players may enter divisions such as 35A and 40A. If a player enters a division such as 60A and 45B they must be approved at the B level in order to qualify to play.

First-round losers may sign up for only ONE consolation round.

Don't forget to complete the OTHER side of this page!

Part 2: Fees & Payment

REVISED TEAM QUALIFYING PROCEDURES (As of March, 2011)

USA RACQUETBALL MEMBERSHIP

Current Membership # _____ Exp. _____
USRA Membership(\$50.00) \$ _____

FIRST EVENT(\$101.00) \$ _____

Each entrant will be provided hospitality, plus
nightly social events. Entrants will also receive a
high-quality souvenir.

SECOND EVENT(\$51.00) \$ _____

THIRD EVENT(\$51.00) \$ _____
must be pro qualifying or pro doubles

JUNIORS(\$35.00) \$ _____

JUNIORS SECOND EVENT(\$27.00) \$ _____

MILITARY DIVISIONS

1st Division USAR(\$99.00) \$ _____

2nd Division Military(\$32.00) \$ _____

3rd Division Military(\$32.00) \$ _____

1st Division Military(\$52.00) \$ _____

2nd Division Military(\$32.00) \$ _____

3rd Division Military(\$32.00) \$ _____

LATE FEE(\$20.00) \$ _____

TELEPHONE & FAX ENTRY FEE(\$15.00) \$ _____

Regional Waiver fee (all waivers) \$100.00

Tax deductible donation
to Olympic Dream \$ _____

ADDITIONAL TICKETS

Player fees

5 day ticket pass - \$55
 3 day ticket pass - \$40 (thurs, fri, & Sat)
 1 day ticket pass - \$20

No. of Tickets _____

No. of Tickets _____

No. of Tickets _____

Non-player fees

5 day ticket pass - \$75
 3 day ticket pass - \$55 (thurs, fri, & sat)
 1 day ticket pass - \$25

No. of Tickets _____

No. of Tickets _____

No. of Tickets _____

TOTAL DUE: \$ _____

Use your USA Racquetball MBNA credit card to charge your entry,
and receive an additional 10% off your fees. Only USA Racquetball
MBNA cards receive this discount!

MC/Visa _____

Exp. _____ Sec. code# _____ MBNA _____

Name on Card _____

Signature _____



Entries are NOT accepted without pre-payment
and required signatures. Surcharges may include:
\$25.00 for returned checks and \$10.00 for
declined credit cards.

US TEAM QUALIFYING FOR PAN AM GAMES

USA Racquetball is entitled to enter a maximum of
eight (8) competitors; four (4) men and four (4)
women. USA Racquetball will be able to register a
maximum of two (2) athletes in each individual
event and a maximum of one (1) team, composed
of two (2) athletes, in each of the doubles events.

The top two male players from the IRT tour rank-
ings and the top US female from the WPRO rank-
ings as of June 1st, 2011. Also for women the win-
ners of the US Team Division.

GOLD LUXURY BOXES

Four-person courtside luxury box seats. Includes
access to VIP Lounge with food and drink for the
week. Call for locations 719-499-3252
\$1,750 for four people.

SOLD OUT

MAIL COMPLETED ENTRY & FEES TO:

EKTELON NATIONALS
1685 West Uintah
Colorado Springs, CO • 80904-2906
[Fax: 719/635-0685]

**Entries must be received by
WEDNESDAY, MAY 4**





Geoff Thompson

MEMBERS ONLY

THE FORM

THE FEES

THIS NATIONAL EVENT IS HOSTED FOR USA RACQUETBALL MEMBERS ONLY.

A USA Racquetball membership is required of all participants, and entrants may either join online at www.usaracquetball.com, include fees with their entries or present a current membership card, receipt or cancelled check indicating recent enrollment as proof of membership. **PLAYERS WITHOUT VALID MEMBERSHIPS WILL NOT BE ENTERED IN THE DRAW.**

You'll find the entry form here or online at usaracquetball.com. You must submit both completed pages with fees to be entered into the draw. If you are faxing your entry, be sure to include both pages. Fax entries require an extra fee.

- **ENTRY:** First event is \$101; 2nd and 3rd is \$51 (3rd must be pro Qualifying or Pro Doubles)
- **LATE FEES:** Entries received after the deadline will be surcharged an additional \$20.00 late fee. No payments will be accepted on-site at the registration desk.
- **PROCESSING:** Telephone/Fax entries will be accepted through the deadline with an \$15.00 service charge and pre-payment with Visa/Mastercard at 719/635-5396.



May 4th deadline, postmarked no later than April 29th. Only pre-paid entries are placed into the draw; any withdrawals will be subject to a \$15.00 fax fee; no refunds will be issued after the deadline date, regardless of cause (including unforeseen injury or illness).

Confirmation: Players may verify their entry and divisions by referencing an online participants' list (updated regularly through the entry deadline), linked through "Marquee Event" at usaracquetball.com.

Registration: Players must register at the Meridian Sports Club prior to their first match, during these hours: Tues. 5 pm to 9 pm, Wed. 8 am to 9 pm, Thurs. 8 am to 9 pm, Fri. 8 am to 8 pm.

All players must have a bag tag to be admitted into the Meridian Sports Club racquetball area, and to complete their registration in the Hospitality Park. Players may register online and pick up their bag tag – and one free guest pass per entrant – at the USA Racquetball desk located just inside the entrance to the Meridian Sports Club. Additional guest passes can be purchased from the Meridian Sports Club for \$5.00 per day or \$15.00 for the entire week.

EVENT ADMINISTRATION

USA Racquetball @ 719/635-5396, ext. 129.

REGISTER ONLINE

www.usaracquetball.com



Geoff Thompson

The U.S. Olympic Committee Travel Desk and United Airlines join USA Racquetball in offering the lowest possible United airfares to national events. Airports to fly into are Orange County/John Wayne (SNA) or LAX

For reservations, phone United's U.S. Olympic Travel Desk, toll-free, at (800) 841-0460 between 8:30 am and 8:00 pm EST weekdays. Reference the USA Racquetball account number 565 EF to receive United's lowest fare!

We look forward to seeing everyone in Sunny Southern California in May. USA Racquetball is excited to announce a special partnership with GET Travel Sports & Events as the official travel provider for the National Singles Tournament. This will enable all participants and spectators for the tournament to receive the best price on select hotels and to take advantage of special deals on local area attractions, restaurants, and transportation.

Book your USA Racquetball National Singles travel plans through GET Travel Sports & Events!

1. Discounted hotel prices for participants and spectators with the tournament. GET Travel offers the best rates on our program hotels that are available to the public.
2. Specially priced Disneyland Resort® Theme Park Tickets available for purchase as well as discounts on other attractions.
3. Shuttle service GET Travel has worked with the program hotels to offer you complimentary shuttle service to and from the Meridian Sports Complex that will be provided by the hotel
4. On-site support information desk at the Meridian Sports Club during the tournament to answer questions and to assist with any travel challenges that you may have.
5. Friendly customer service to call and help you with travel arrangements.
6. Restaurant guide provided with deals at select local Anaheim area restaurants.

2011 USA Racquetball National Singles Program Hotels:
USA Racquetball and GET Travel Sports & Events have worked with the following quality hotel properties to provide you with a great value on your hotel accommodations during the tournament.

TOURNAMENT HEADQUARTERS HOTEL

Marriott Cal State Fullerton: \$105

- Conveniently located .7 miles from the Meridian Sports Club
- Complimentary parking, internet, and shuttle service to and from the Meridian Sports Club
- Deluxe breakfast buffet may be added for \$10 per person per night

TOURNAMENT PROGRAM HOTELS

Holiday Inn Suites: \$105

- Conveniently located .7 miles from the Meridian Sports Club
- Complimentary breakfast buffet, internet, parking, and shuttle service to and from the Meridian Sports Club

Embassy Suites Brea: \$139

- Located 3 miles from the Meridian Sports Club
- Complimentary breakfast buffet, parking, and shuttle service to the Meridian Sports Club

Marriott Fairfield Inn Placentia: \$95

- Located 3 miles from the Meridian Sports Club
- Complimentary continental breakfast, parking, internet, and shuttle service to and from the Meridian Sports Club.

Call (888) 877-4445 Option 3 to speak to one of our friendly customer service representatives.

Specially Priced Disneyland Theme Park Tickets!

We are happy to offer all tournament participants and spectators specially priced Disneyland Resort® Theme Park Tickets.

GOLD VIP BOXES

Four-person courtside luxury box seats. Includes access to VIP Lounge with food and drink for the week. Call for locations 714-499-3252 • \$1750 for four people.

SOLD OUT



Be prepared to play at 8:00 am on the days shown next to your entered divisions. These estimates are provided for your travel planning purposes only — actual starting dates/times may change (possibly later, but no earlier) according to the final number of players entered in each draw.

U.S. TEAM QUALIFIER/OPEN

Men: Wednesday • Women: Thursday

MEN PRO QUALIFIER

Wednesday

MENS PRO DOUBLES

Thursday

MEN'S ROUND OF 32

Thursday

U.S. NATIONAL DIVISIONS

AGE: 24-

Men: Thursday • Women: Friday

AGE: 25+

Men: Thursday • Women: Friday

AGE: 30+

Men: Wednesday • Women: Thursday

AGE: 35+

Men: Wednesday • Women: Thursday

AGE: 40+

Men: Wednesday • Women: Thursday

AGE: 45+

Men: Wednesday • Women: Thursday

AGE: 50+

Men: Wednesday • Women: Thursday

AGE: 55+

Men: Wednesday • Women: Thursday

AGE: 60+

Men: Thursday • Women: Thursday

AGE: 65+

Men: Thursday • Women: Thursday

AGE: 70+

Men: Thursday • Women: Friday

AGE: 75+

Men: Friday • Women: Friday

AGE: 80+

Men: Friday • Women: Friday

AGE: 85+

Men: Friday • Women: Friday

MILITARY

Wednesday

JUNIORS

Thursday

SKILL: ELITE

Men: Wednesday • Women: Thursday

SKILL: A

Men: Wednesday • Women: Thursday

SKILL: B

Men: Wednesday • Women: Thursday

SKILL: C

Men: Wednesday • Women: Thursday

SKILL: D

Men: Wednesday • Women: Friday

AGE: 24- SKILL: A

Men: Wednesday • Women: Thursday

AGE: 24- SKILL: B

Men: Wednesday • Women: Thursday

AGE: 24- SKILL: C

Men: Wednesday • Women: Thursday

AGE: 25+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 25+ SKILL: B

Men: Thursday • Women: Thursday

AGE: 25+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 30+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 30+ SKILL: B

Men: Wednesday • Women: Thursday

AGE: 30+ SKILL: C

Men: Wednesday • Women: Thursday

AGE: 35+ SKILL: A

Men: Thursday • Women: Thursday

AGE: 35+ SKILL: B

Men: Wednesday • Women: Thursday

AGE: 35+ SKILL: C

Men: Wednesday • Women: Thursday

AGE: 40+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 40+ SKILL: B

Men: Wednesday • Women: Thursday

AGE: 40+ SKILL: C

Men: Wednesday • Women: Thursday

AGE: 45+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 45+ SKILL: B

Men: Wednesday • Women: Thursday

AGE: 45+ SKILL: C

Men: Wednesday • Women: Thursday

AGE: 50+ SKILL: A

Men: Wednesday • Women: Thursday

AGE: 50+ SKILL: B

Men: Thursday • Women: Thursday

AGE: 50+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 60+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 65+ SKILL: A

Men: Thursday • Women: Thursday

AGE: 65+ SKILL: B

Men: Thursday • Women: Thursday

AGE: 65+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 80+ SKILL: C

Men: Thursday • Women: Thursday

AGE: 85+ SKILL: A

Men: Thursday • Women: Thursday

AGE: 85+ SKILL: B

Men: Thursday • Women: Thursday

AGE: 85+ SKILL: C

Men: Thursday • Women: Thursday

For starting times visit online at usaracquetball.com

Individual starting times will be available on Monday, May 23 after 5 pm or call the National Office at 719-635-5396 during normal business hours, 9 am to 5 pm MDT



USA Racquetball Official Rules will govern competition, including the mandatory use of protective lensed eyewear tested to ASTM F803 or CSA impact standards (including prescription frames and lenses).

It is the player's responsibility to make certain that their eyewear conforms with the standard specified in Rule 2.5(a). Find a listing of ASTM eyeguards online at www.usra.org > "index" > "eyeguards."

CITIZENSHIP & AGE REQUIREMENTS

Only U.S. citizens may compete in the U.S. Team Qualifying divisions; all other age & skill divisions are open to U.S. citizens and residents. For age division competition, players must meet the proper age requirement as of the first day of competition of their division. Any player from any country may compete in the IRT Pro Qualifier or the Pro Doubles Divisions.

QUALIFIERS & CERTIFICATIONS

REGIONALS:

All players must have competed – in any division – at a recognized Regional/State Qualifier to be eligible to compete in "Ektelon Nationals." Any legitimate waivers of qualifying competition must have been directed to – and approved by – the USA Racquetball Headquarters prior to the scheduled regional weekend. National waiver fee of \$100 must be included with entry fee. Individual regional tournament directors may not approve exclusions from play, for any reason.

SKILL DIVISION CERTIFICATION:

Skill level entrants to A, B, C, D divisions must:

- be certified at that level, OR
- have played in the same division at the mandatory regional qualifier, OR
- be approved by the state director or representative as being legitimately competitive in the entered skill division at the national level.

Tournament directors will use these benchmarks to determine eligibility for skill competition and reserve the right to re-classify or disqualify players when/if they are improperly placed.

JUNIOR DIVISIONS:

For juniors who want to accompany their parents or others who simply want to participate in this historic event, special junior divisions will be included.

MILITARY:

The Military Divisions are open to active duty, National Guard and Reserve forces only (entrants must show a valid DoD military ID card at event table check-in). Retired members, their dependents or DoD Contractors cannot compete in these divisions.



NATIONAL FIREFIGHTER GAMES



▲ Peter S. Berger and Jeff Weinstein present Vic Leibofsky with a certificate of appreciation



▲ This is going to be a great year for the WFRA. Along with the recent tournament and pictures above, the WFRA has been asked to help out in other ways as well.



The WFRA had a good finish in 2010 with the National Firefighter Games in Jacksonville, Florida. Twenty participants showed up from Florida, California, New York, and even Arizona, and we considered it a successful event at the end of a great year. But as one year ends, a new one starts and it did in a big way.

The WFRA teamed up with WOR and put together the 2011 New Year's Doubles Shootout. This was the first time that the WFRA ventured into the outdoor world. One of the concepts when we started this association was to give back to firefighters in need. One of our local brothers from a neighboring fire department was injured in an off-duty accident. The accident rendered him paralyzed from the neck down. He has been in three hospitals and has been trying to regain feeling in his body. We decided to host a fundraising tournament for his family. With the help of Vic Leibofsky, Hale Sakoff, and others, we raised \$1,000 for our firefighter colleague and his family. More than 80 players showed up from Florida and as far away as Missouri. The highlight of the event was the check presentation to the wife and family of the firefighter. As we say, "tears were flying." The family told us that he was overwhelmed to know that "regular racquetball players, not just firefighters, would want to come out and support me." This made the tournament even more special.

The 2011 Florida State Fire Games event is coming to Broward County, Florida on May 9-10, 2011 and the WFRA is sponsoring it. The tournament will be run by Peter S. Berger, WFRA President. On July 10-15, 2011, the California State Fire Olympics will be in Newport Beach, CA, run by Danny Hernandez, a member of the WFRA (we are an event sponsor).

The Colorado Police and Fire Games (July 31-August 2, 2011, at the Denver Athletic Club) are adding racquetball for the first time in awhile. They approached the WFRA and

asked if we could help. The WFRA is going to be co-sponsoring the event with the National Police Racquetball Association (NPRA). The WFRA asks if anyone in the great State of Colorado knows any firefighters, EMTs, paramedics, police officers or corrections officers (either active on-duty or retired) who play racquetball, please direct them to either our website at www.worldfireracquetball.com or the Colorado Police and Fire Games website to get involved. The WFRA has also been asked to help with the Arizona Police and Fire Games Racquetball event as well as the Florida State Police and Fire Games. All of these games are leading to the ultimate tournament in New York – the 2011 World Police and Fire Games – scheduled for August 26-September 11, 2011.

Every two years, the World Police and Fire Games Committee searches for a new location. Two years ago, the great City of Vancouver held the Games, where racquetball was not included. When the WFRA discovered that New York was getting the Games next, we convinced the governing body to allow the WFRA and NPRA the opportunity to run the racquetball portion of the event in New York. The Committee agreed that Peter S. Berger, WFRA President, along with Bill Bearden, NPRA President, will direct the racquetball venue. This event has drawn over 150 competitors from all over the world. To make this year's event even more significant, it will be the 10th anniversary of the tragedy in New York where 343 firefighters died doing their jobs. Plans are being made to hold opening and closing ceremonies at Ground Zero. Close to 25,000 police officers and firefighters are expected to compete in a number of sports in the two-week window of the Games.

So the WFRA has a full plate of exciting tournaments coming up. With the help of the entire racquetball family in getting the word out, the WFRA will surely realize more success in the future, serving the communities we represent.



NMRA UPDATE

by Bruce Adams, NMRA Secretary

The NMRA will have completed its National Championship event by the time you read this. It was held at the Multnomah Athletic Club and the Lloyd Athletic Club in Portland, Oregon. The two comprised a simply amazing venue.

The Multnomah Athletic Club is one you have to see for yourself. It was constructed the way one might imagine a military bunker might be, with ten courts – three levels below ground. The entire facility has eight levels, including tennis on the top of the building and its own minor league baseball stadium adjacent to the club. There were times we found ourselves in a “no athletic attire” area of the building, yet the staff members were patient and understanding. There were 151 participants at this event. The Doubletree Hotel Portland was the host for lodging and the Friday night banquet. The Max Tram (light rail) Red Line went right to the hotel for \$2 from the airport.

New Board member Melanie Newsome replaced outgoing member Mike Hiles. Mike has served on the NMRA board for nine years. We thank Mike for his years of service and dedication to the sport and to the NMRA Board and its members. Cindy Tilbury and Bruce Adams were re-elected to the Board by the general membership.

We continue the appeal for players to let us know about possible tournament sites in their areas. Fifteen courts, preferably at one venue, is at the top of the wish list. Two venues will work, but shuttling becomes an added logistical item. The events are March and July, with the actual tournament starting on Wednesday and concluding on Saturday evening. The Doubles Only event in November/December can be handled with ten courts at one venue, Thursday through Saturday. Please feel free to contact any Board member with ideas. Use the “Contact Us” tab [top banner] on the website to submit a message, or e-mail any member at FirstInitialLastname@nmra.info (e.g. BADams@nmra.info).

The NMRA is now transitioning to a computerized membership system. If your membership has expired, feel free to email Carmen Alatorre-Martin, the membership director, at calatorre-martin@nmra.info.

The NMRA International Championship will be held July 27-30, 2011 in Fullerton, CA, and will include the NMRA Hall of Fame induction. Fullerton is where we tested the waters with the 2010 Doubles Only event, and it was a great success. This is also the new site for USA Racquetball's Nationals competition.

Remember to check out the association newsletter, THE RACQUETRACKET – it now contains 20 pages of entertaining and useful information online at the website under the NMRA News tab on the left.

Photo provided by NMRA



▲ Marquita Molina and Ron Adams

Come try out one of our events – you will be hooked like many others have after their first event! The NMRA is dedicated to the mature racquetball player 45 years old and older. All matches (singles, doubles, and mixed doubles) are self-officiated and round robin format -- No More One Round and Out. Your first event does not require membership to the association, but we hope you will join. We look forward to seeing you at an upcoming event. The camaraderie and friendships you establish will last a lifetime.

For more information, please visit our website at www.NMRA.info and for tournament registration or checking out the draws after the matches, visit www.R2Sports.com; we also encourage our members and readers to visit the USA Racquetball website at www.usaracquetball.com.

National High School CHAMPIONSHIPS

by Jim Hiser

ProPenn  **EKTELON**
PLAY WITH FIRE

EVENT HIGHLIGHTS

The Athletes – The National High School Championships is unquestionably one of the most exciting and pleasurable of all our national events. The players are without exception extremely well-mannered and polite, and they all exhibit great sportsmanship. The players understand their responsibilities regarding officiating and fair play. Players rush up to referee (no pay) and often you will see players making calls on themselves. Much of this sportsmanship is attributable to the great coaching that goes on at the high school level.

The Coaches – Most coaches understand the philosophy behind high school racquetball (fair play, good sportsmanship, camaraderie and fun). Remedial classes are still available for the few coaches (and parents) who still need a reminder of what the players already practice!

The Local Organizing Committee – Any event of this magnitude (remember – all players are guaranteed three matches in each singles division) requires unselfish volunteerism by numerous people. The LOC leadership was directed by High School Commissioner Dan Whitley and Shari Coplen, who generously helped arrange for the event to use the beautiful Missouri Athletic Club, which offers one of the best exhibition courts in the country.

Thank you to everyone who helped to make this event a great success!

US JUNIOR TEAM WINNERS

Jose Diaz - Dominated his division; no real competitive threat
Devon Pimentelli - Repeat winner from last year

TEAM COMPETITION

Boys' Team - St. Louis University, coached by Doc Kostner, captured first place.

Girls' Team – Cor Jesu, coached by Dan Whitley, repeated its 2009 Girl's Championship title.

OVERALL TEAM

Sprague, coached by Bill Edmiston, was back-to-back champion in 2010 and 2011.

Every year, the success of Bill's program is evidenced by the impressive number of students (more than 45 this year) and their parents that he recruits to participate in this thrilling event.

For a complete list of results from the event, visit us online at www.usaracquetball.com

Overall Team Champions Sprague ▼

Photos Provided by Joe Williams

Penn
The Ball Matters™

USA
RACQUETBALL
The Official Sport



By The Numbers

Number of participants	364 (up 9% over 2010)
Number of boys	200 (54.9%)
Number of girls	164 (45.1%)
Number of schools	34

Pro Exhibition -
Jose Rojas and
Audrey Quirk



Final Standings

TEAM

1. Sprague HS Salem, OR 4,500
2. Beaverton HS Beaverton, OR 3,912
3. Southridge HS Beaverton, OR 3,198
4. Parkway West HS St. Louis, MO 3,070
5. Kirkwood HS St. Louis, MO 2,278
6. Lincoln HS Portland, OR 1,348
7. Sunset HS Portland, OR 349

BOYS

1. St. Louis University HS St. Louis, MO 2,320
2. Sprague HS Salem, OR 2,296
3. Beaverton HS Beaverton, OR 1,673
4. Parkway West HS St. Louis, MO 1,511
5. Oregon City HS Oregon City, OR 1,506
6. Kirkwood HS St. Louis, MO 1,285
7. Southridge HS Beaverton, OR 1,027
8. Lincoln HS Portland, OR 964
9. Mountain Home HS Mountain Home, AR 716
10. St. John Vianney HS St. Louis, MO 600
11. Franklin HS Stockton, CA 575
12. Lakeland HS White Lake, MI 475
13. Sandy HS Sandy, OR 359
14. Parkway Central HS St. Louis, MO 294
15. Los Alamos HS Los Alamos, NM 275
16. McCluer North HS St. Louis, MO 225
17. Artesia HS Artesia, NM 205
18. Sunset HS Portland, OR 199
19. Parkway North HS St. Louis, MO 125
20. Christian Brothers College HS St. Louis, MO 102
21. Evergreen HS Evergreen, CO 100
22. DeSmet Jesuit HS St. Louis, MO 79
23. NexGen Academy Albuquerque, NM 40
24. North Arlington HS North Arlington, NJ 35
25. Green County HS Greensburg, KY -

GIRLS

1. Cor Jesu Academy St. Louis, MO 2,529
2. Southridge HS Beaverton, OR 1,752
3. Beaverton HS Beaverton, OR 1,663
4. Visitation Academy St. Louis, MO 1,592
5. Sprague HS Salem, OR 1,559
6. Notre Dame HS St. Louis, MO 1,239
7. Nerinx Hall St. Louis, MO 1,103
8. Parkway West HS St. Louis, MO 1,093
9. Marlborough HS Marlborough, MA 1,059
10. Kirkwood HS St. Louis, MO 649
11. Capuchino HS San Bruno, CA 575
12. Upper Arlington HS Columbus, OH 475
13. Lincoln HS Portland, OR 237
14. St. Joseph's Academy St. Louis, MO 177
15. Sunset HS Portland, OR 150
16. Cibola HS Albuquerque, NM 35

Schools must have Boy and Girl entries to compete in the Team championship.

▼ US Junior Team Winner Jose Diaz and Devon Pimentell



▲ Girls' Team Champions Cor Jesu

▲ Boys' Team Champions
St. Louis University High School



US OPEN

RACQUETBALL CHAMPIONSHIPS

PREVIEW

By Doug Ganim

The move to Minneapolis in 2010 was nothing short of a HOME RUN! If you did not attend last year, I am sure you heard the buzz—the tournament was AWESOME!

In addition to a huge turnout of players and fans, the real story was the incredible downtown entertainment district in Minneapolis. Hotels, restaurants, night clubs, world class shopping, and the gorgeous Target Center combined to provide a backdrop for nonstop fun!

This year's event is scheduled for October 5-9, 2011. As you probably noticed, we moved the tournament up by two weeks this year. The reason was to get away from the Pan American Games and to ensure that the event would enjoy terrific weather (late September/early October is the best time of year in Minneapolis!).

You can visit usopenracquetball.com for complete information on the tourney included a downloadable Entry Form and an on-line Entry/Ticket Sales portal. We strongly suggest you enter early, buy tickets early, and book your hotel rooms early. The event is going to be a complete sell-out in 2011! Below are some additional details you can expect to enjoy.

AMATEUR DRAWS: The amateur matches will be played at all three venues—Life Time Fitness Target Center, Life Time Fitness St. Louis Park, and Life Time Minneapolis Athletic Club. No consolation divisions will be offered due to the huge draw and lack of available court time. The competition will be excellent in all of the divisions offered as we always host competitors from all over the world. The top four finishers in each division will receive oversized US OPEN medals that weigh about 1 lb. each!

PRO MATCH TICKETS: There is no better place in the world to watch pro racquetball than at the US OPEN Racquetball Championships. First of all, every top player in the world on the IRT, WPRO, CPRT will be in Minneapolis. For the true racquetball enthusiast, this means incredible matches to watch right from the round of 32. Secondly, ALL pro match courts are professionally wired for sound so spectators can hear every grunt, groan, and under-the-breath comment throughout every match of the tournament. The ball sounds like a missile being shot off so be sure to wear your earplugs if you have sensitive "flappers". Finally, all the feature matches take place on the NEW breathtaking made-for-TV portable stadium racquetball court. This engineering marvel has four walls made of crystal clear Lucite acrylic that is not only optically correct (no tinting, blurring, or bending of light) but is beautiful to behold. All the Lucite material is butted up against each other with Lucite "fins" providing the support. Even the "L" brackets are made of Lucite so the result is a seamless visual experience that makes you feel like you are right in the court with the players. The stadium seats about 1,100 fans and ticket sales are always brisk. Your best bet is to purchase one of the Ticket Packages which includes all sessions. This is by far the best value.

PARTIES, PARTIES, AND MORE PARTIES: One of the things the US OPEN is best known for are the evening social functions. For those planning to attend, you can expect more of the same this year starting with the "free admission" Pro-Am Doubles for St. Jude on Wednesday evening, the fun "Players Gathering"

at The Shout House dueling piano bar on Thursday evening, the Players Rock n' Roll party at the world famous HARD ROCK CAFE Friday evening and the largest bash of the year—the Saturday evening—PARTY WITH THE PROS.

Other activities include a special Thursday evening Internationals Reception for all of our "out of the country" guests and a weeklong Industry Trade Show in the Player's Hospitality Village featuring all of the top racquetball manufacturers displaying the latest and greatest gear available in the sport. Look for returning special events this year including the IRT Champions Clinic and the IRT/WPRO Play the Pro for St. Jude Challenge.

NO WAY TO ATTEND THE EVENT THIS YEAR? If you absolutely can't make it to this year's tournament then the last resort is to follow the action from home. To help make this easier, we will transform our website usopenracquetball.com into a computer "window" to look in on the action at the tournament. Plans include offering live amateur division results postings, up to the minute pro match results, digital photography from throughout the event, and a portal to live video streaming on IRTNetwork.com

THE PROS: As always, the focal points of the US OPEN are the pro players and the incredible entertainment they provide as each player quests for the coveted US OPEN title. Anyone on tour will tell you that at the U.S. OPEN intensity is at its highest so every match yields both players performing at 120% effort. Check out the IRT, CPRT, and WPRO preview articles in the next issue of Racquetball Magazine for more info!

SEVEN TIPS

FOR ATTENDING THE 2011 U.S. OPEN

#1 ENTER EARLY! The event is expected to completely sell out this year. At 760 players we cap the draw and start turning people away. Don't get shut out. Enter today on-line at www.usopenracquetball.com

#2 ORDER TICKETS NOW! You must have a ticket to view any of the pro matches and, although the Stadium Court seats over 1,100, the event is always a sell-out from the quarters on. No-shows can free up some session tickets "at the door" but it's risky to wait. By far, the best deal is to purchase one of the ticket packages (just \$135) for unlimited viewing for all pro matches for the entire week. The Ticket Package will save you over \$95 versus purchasing the individual session tickets and guarantees you a back wall viewing seat – but ticket packages are sold only in advance!

#3 ENTER TWO OR THREE EVENTS. Court time restrictions (and the large draw) do not allow us to offer consolation divisions, so we strongly recommend that you enter two divisions so that you are guaranteed at least two matches. Although players are limited to just two divisions, there are a couple of exceptions. First, if you would like to play "up" into the Men's or Women's Pro draw (perhaps just for the experience), you can still play in two amateur divisions, for a total of three

events. Secondly, if at least one of your divisions is doubles, you can play in any third event you choose. For these two exceptions only, a third event is permitted.

#4 STAY AT THE HOST HOTELS.

Check the entry form for the official list of host hotels. Now that the event is in a downtown setting, area hotels are quite expensive. However, we have negotiated some great deals with our three host hotels (Comfort Suites, The Marriott, and The Grand) and have a large number of rooms blocked for our group. All three hotels are walking distance of Life Time Fitness Target Center. These hotels will fill up VERY fast so call to book your room immediately. For a complete list of hotels in the area offering special U.S. OPEN room blocks and rates, visit www.usopenracquetball.com and click on "Hotels".

#5 BRING NICE CLOTHES AND YOUR DANCING SHOES! One of the really fun parts of attending the US OPEN is experiencing the many evening social activities offered, especially the Grand Gala – The Party with the Pros. Racquetball or casual attire are not allowed at this bash, so "dress to impress" will be the rule!

#6 LAST FLIGHT OUT ON SUNDAY.

Make sure you book the very latest flight you can get to travel home on

Sunday. The Men's Pro final is the last match of the tournament and you won't want to miss it. A packed house, booming music, laser light show introductions and the television cameras make this an experience like no other in the sport. The match usually ends around 2:30 pm so any evening flight will do. Can't get a late flight out? Consider going home Monday morning. It will be worth it!

#7 FLYING IN—NO RENTAL CAR NEEDED!

From the Minneapolis airport you can take the cities clean light rail directly into downtown Minneapolis and right to The Target Center (only 22 minutes). Cost is just \$1.75! Two of the three clubs we are using (including the main club) are downtown as are our three host hotels. All of these hotels and clubs are walking distance apart. For the Life Time Fitness St. Louis Park club, we will offer a free shuttle every hour from The Target Center (the club is only 8 minutes away). If you are driving in for the event, parking is going to cost you daily in downtown Minneapolis. Check out the Comfort Suites. They are offering daily parking for just \$12 per day. Keep these tips in mind when making plans to attend the 2011 US OPEN and you will have the inside track to a terrific time. See you in Minneapolis

ATTENDING THE US OPEN AS A VIP!

A very limited number of four person courtside luxury GOLD BOXES still remain for the 2011 US OPEN. The cost is \$2,800 and includes four GOLD All-Access Credentials to the event. In addition to enjoying the pro matches from your private and comfortable court-

side GOLD BOX, All-Access Credential holders have unlimited access to the exclusive Pro/GOLD Lounge throughout the event featuring complimentary catering (breakfast, lunch, and dinner) and drinks (beer, soda, water, and wine) during all hours. Event sponsors, top ranked

men and women pro players, and GOLD BOX holders are the only VIP's permitted in the lounge.

If you are interested please call (614) 890-6073 ASAP to check for current availability.

USA RACQUETBALL

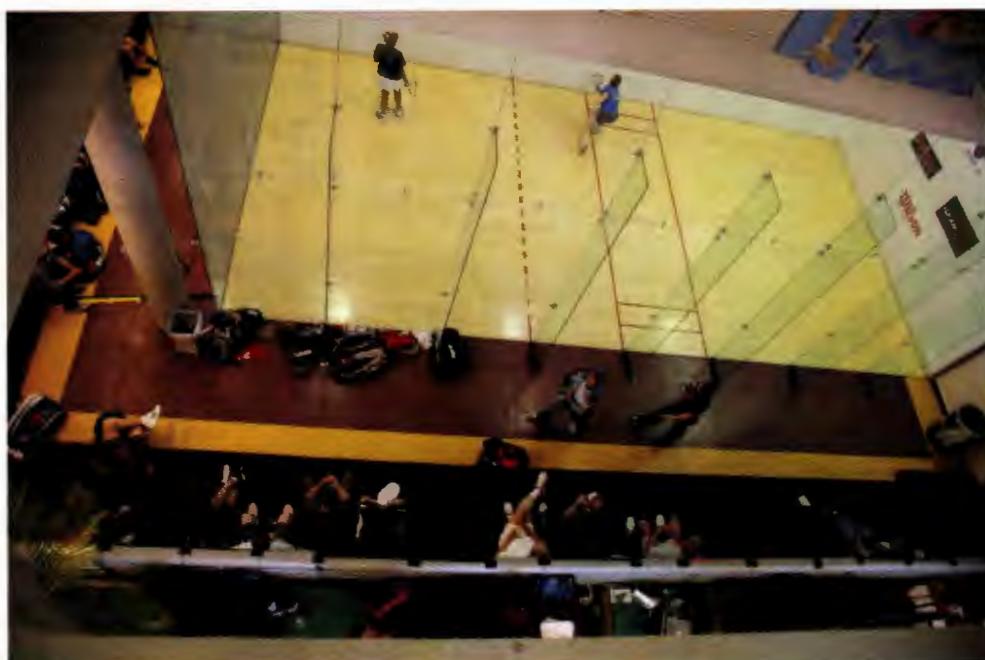
National Champs – Jack Huzcek & Rocky Carson

Penn
Fine Sport Equipment



2011 National Doubles Tempe, AZ

Photos by
Geoff Thompson



Presented by

ProPenn

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Wilson



National Champs – Aimee Ruiz & Jackie Paraiso



A complete list of winners can be found on usaracquetball.com



CONGRATULATIONS

Aubrey O'Brien & Markie Rojas

DOUBLE GOLD!

IRF World Junior Championships November 15-20th - Canoga Park, CA



Girls 18 & Under Singles
Girls 18 & Under Doubles
with Danielle Key



Boys 16 & Under Singles
Boys 16 & Under Doubles
with Jose Diaz



Boys 16 & Under Doubles



Girls 18 & Under Doubles



Boys 18 & Under Doubles

**JOSE DIAZ, DANIELLE KEY & NICK MONTALBANO
GOLD MEDALS IN DOUBLES!**



EKTELON
YOUNG GUNS
ON FIRE!



EKTELON
PLAY WITH FIRE



INSTRUCTORS PROGRAM

Penn "OFFICIAL BALL OF USAR/IP" **Penn**

NEW

SPONSOR

Racquetball
Warehouse
has signed on
as the official
retailer of the program.



NEW INFORMATION

The USAR-IP coach's education section now has 39 articles for instructors to reprint and use in their programs. Currently, half of these articles are translated into Spanish.

The instructor's manual is being reformatted and will soon be put online. Current USAR-IP members will be able to access the manual and update with new materials.

NEW MILITARY COURSE

Jim Winterton is working with the Military Racquetball Federation (MRF) to design a special instructor's course for wounded and other military members

NEW MENTORING PROGRAM

The monthly mentoring calls have been very successful, and plans are underway for a webcast.

WHAT'S NEW

NEW CLINICS

Date: May 7-8, 2011

Location: Seattle, WA
Washington Athletic Club

Instructor: Fran Davis

Information: <http://www.r2sports.com/tournament/home.asp?TID=8187>

Date: May 23-24, 2011

Location: Fullerton, CA
Meridian Sports Club
Instructor: Jim Winterton

Date: June 3-4, 2011

Location: Portland, OR
Sunset Athletic Club
Instructor: Fran Davis
Information: <http://www.r2sports.com/tournament/home.asp?TID=8236>

Date: June 9-10, 2011

Location: San Diego, CA
Sorrento Valley Racquet and Fitness
Instructor: Fran Davis
Information: <http://www.r2sports.com/tournament/home.asp?TID=8237>

Date: June 10-11, 2011

Location: Syosset, NY
Sportset Syosset
Instructor: Jim Winterton
Information: <http://www.r2sports.com/tournament/home.asp?TID=8234>

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How To Play Racquetball

by Kevin Lynch • photo by Brendon Lynch

"A student of mine who loves the game of racquetball wrote an essay for his school project. Kevin is 12 years old and has been taking classes and participating in the Junior League for 2-3 years."

-Marsha P. Hayward



Would you like to know about racquetball? Even if you wouldn't, I am going to tell you anyway! Racquetball is my favorite sport, because whenever I feel mad I can go down to the gym and get my anger out by spanking the ball! It takes a lot of coordination to play this game well, and I take pride in playing. I will enjoy describing how to play racquetball below.

To play the game of racquetball, first you will need to book a court for your match in the racquetball club. You will need the following equipment and tips so you do not get hurt: safety glasses, a racquet, a racquetball, and an opponent. You need safety glasses because if you get hit in the eye with a ball coming to your head, you could get badly hurt and lose sight in your eye. You need a racquet so you don't hurt your hand. You need an opponent so you do not humiliate yourself by standing in the court by yourself!

Now, drive to the club and walk into your booked court with your opponent, the "bad guy." Now you need to warm

up so your muscles do not hurt. The server walks into the server's box inside of the dark red lines close to the front of the court. The server will have to drop the ball and let it hit the floor once. Then the server will hit the ball hard against the front wall. If the ball does not bounce over the server's box coming off the front wall, it is a bad serve. The serve would be good if it does bounce over the server's box coming off the front wall. After a good serve, the opponent needs to hit the ball, and then it would be the server's turn again, etc. How you win a point is if your opponent misses the ball and it bounces twice before he can hit it. Whoever won the last rally is the new server.

Here are some tips on how to beat your opponent.

There are different types of serves. The first serve is a lob. A lob is when you would gently hit the ball to the top of the front wall, aiming it to one of the back corners. The second serve is a half-lob. This is when you hit the ball in the middle of the front wall, once again aiming it to one of the back corners. The third serve is a Z-serve. This serve is quite complicated. You have to aim to the corner of the front wall (either side of the front wall). Making sure you do not hit the side wall first, bounce it against the edge of the front wall to aim it to either side of the back court. Finally, the drive is the most powerful serve. For the drive you need real accuracy and you need to control your racquet. If you serve too hard without controlling your racquet, the racquet will come flying back and hit you in the head! For a good drive, you need to hit the ball low, but not as low as for a kill shot (more on the kill shot later).

A good shot would be a home run. A home run is when the ball bounces off the back wall. Your opponent will probably miss this shot and it will be your serve again. If your opponent has served you a home run, you should run to the front of the court so that you will have time to hit the ball. Try hitting the ball softly so your opponent will have to run to the front of the court.

The final piece of advice I am giving you for now is that you need to learn the powerful shot called the kill shot. Once again, you need absolute control of your racquet. Your object is to aim the ball as low as you can to the front wall, without the ball touching the floor before it touches the wall. For a good kill shot you need to hold your racquet in a specific way. Hold it with your thumb on the back of the racquet at the base, with your hand wrapping around the handle and touching your palm.

The final object of the game is to win at least two games out of the three-game match. If you win three, you can be even prouder of your success. You need to score 15 points in the first two matches, and in the third game you only need to play to 11. The final score is decided by player agreement. This game, like golf, has no referee. It depends on trust.

THE END!!!!!!

Ruben Gonzalez Signs Legendary Agreement with Ektelon

True legend of racquetball signs lucrative deal and announces Farewell Tour and Signature Product Line plan

Ektelon announced today that Ruben Gonzalez, former #1 player in the world and USA Racquetball Hall of Fame member, has signed a multi-year endorsement deal to finish his career in professional racquetball in unprecedented fashion. The agreement includes a signature series of products starting with a new racquet called the EXO3 RG Toron that will be launched at the 2011 Ektelon Nationals to be held in Fullerton, California, May 25-29, 2011.

Gonzalez, who signed with Ektelon originally in 1976, has agreed to endorse Ektelon products for the next five years, and he will be instrumental in designing and promoting a signature series of products to include racquets, gloves and bags during this time period. In addition, Gonzalez has begun a strict training regimen and has charted out a plan to play on the Men's IRT Professional Tour and finish his career at the 2012 US Open ranked in the top 10 at the age of 60 years old. Ektelon Vice President Scott Winters has known Gonzalez almost his entire career. "No other racquetball endorsement deal has ever been signed at this level with a legendary player like Ruben. When he came to us with the idea of finishing off his amazing career with Ektelon on such an historic note combined with his interest in developing a signature series of products to capitalize on his past and future success and his popularity in the game, it was a no-brainer for us and we jumped at the opportunity. We immediately put a team together with Ruben to design the perfect racquet to help him accomplish his goals. Our vision was to take his current frame, the O3 RG and combine it with the racquet he played with when he was the #1 player in the world, the Ektelon Toron. The Toron, the first

oversized graphite racquet, was one of the most successful racquets ever launched in the sport. "This racquet took power to a whole new level and revolutionized the sport," said Winters.

"I'm extremely happy to close out my career with Ektelon, the company I have been with since I started playing the sport," said Gonzalez. "Ektelon has been part of my family for the past 35 years, and I can't imagine playing racquetball without them in my corner. Signing this deal with Ektelon is the icing on the cake for my career. I am extremely excited about my new EXO3 RG Toron racquet and so thankful Ektelon allowed me to be involved in designing this racquet and supported my plans to wrap up my career

on tour. I would also like to thank all of my friends, family, and fans for joining me on my Farewell Tour.

Ektelon Promotions Manager Aimee Ruiz, a seven-time National Doubles Open Champion and current US Team Member, explains, "Ruben has always been a class act and is the most recognized player in racquetball. Known also as one of the best age group players to ever play the game, players of all ages have incredible respect for him. Not only has he won numerous tournaments and performance awards, but he has also received several sportsmanship awards throughout his career. He is definitely someone every player on my team looks up to. In fact, Jose Rojas, Ektelon's fastest rising star and #8 ranked player on the IRT Tour at the age of 21 years old, says it will be great having Ruben back playing the tour. "I look forward to seeing what 'Rubes' can do on the court next season, and of course I will be watching to try to learn as much as possible from him."



Racquetball Warehouse Signs as Official Retailer of USA Racquetball

Racquetball Warehouse and USA Racquetball announced their agreement to make Racquetball Warehouse the Official Retailer of USA Racquetball and the USAR Instructor Program, bringing new content to the USAR website for a more rewarding experience for all members and visitors.

"It is great to have a leader in the industry help with our promotional efforts as we continue to move the sport forward," said USAR executive director, Jim Hiser.

The agreement comes as no surprise as Racquetball Warehouse continues to grow their national presence, according to Manager Ben LoBue. "We are very excited to be partnered with the sport's governing body and national instructor program. In combination with current partnerships with the IRT and IRTNetwork, we feel we have the necessary resources to really help grow participation in racquetball both internationally and at a grassroots level while providing a complete and satisfying experience for all of our customers."

CALENDAR OF EVENTS

EVENT TITLE	EVENT START	FACILITY NAME
THE FITNESS CENTER RACQUETBALL BLAST	5/6/2011-5/8/2011	THE FITNESS CENTER
2011 CINCO DE MAYO	5/6/2011-5/8/2011	PUEBLO ATHLETIC CLUB
CA 2011 MERCED SHOOT-OUT	5/7/2011-5/7/2011	MILLENNIUM SPORTS CLUB
2011 FRAN DAVIS USAR-IP CERTIFICATION COURSE	5/7/2011-5/8/2011	WASHINGTON ATHLETIC CLUB
MEGA MAY MADNESS	5/7/2011-5/8/2011	THE CLUB SPORT & HEALTH
2011 LA WPRO EKTELON WORLD CHAMPIONSHIPS	5/12/2011-5/15/2011	ELMWOOD FITNESS CENTER, HARAHAN
WOODSTOCK MEDIA GROUP MEN'S MASTERS/WOMEN'S RACQUETBALL TOURNAMENT	5/13/2011-5/15/2011	BALLY'S
2011 FLORIDA OPEN RACQUETBALL CHAMPIONSHIPS	5/13/2011-5/15/2011	SARASOTA BATH & RACQUET CLUB
NORCA DOUBLESCHAMPIONSHIPS	5/13/2011-5/15/2011	SHASTA ATHLETIC CLUB
2011 SUMMER CA\$H THROWDOWN - SINGLES ONLY	5/14/2011-5/14/2011	RECREATION ATL
MAY MADNESS	5/14/2011-5/15/2011	CLAREMONT CLUB
2011 FL JUNIOR REGIONALS	5/21/2011-5/22/2011	HARBOUR ISLAND ATHLETIC CLUB AND SPA
2011 PRA SPRING JUNIORS SHOOTOUT	5/21/2011-5/21/2011	PHILADELPHIA SPORTS CLUB AT HIGHPOINT
2011 EKTELON NATIONAL SINGLES CHAMPIONSHIPS PRESENTED BY PROPENN	5/25/2011-5/29/2011	MERIDIAN SPORTS CLUB - FULLERTON
2011 OR USAR-IP CLINIC BY FRAN DAVIS	6/3/2011-6/4/2011	SUNSET ATHLETIC CLUB
3RD ANNUAL ROLLOUT FOR CYSTIC FIBROSIS	6/3/2011-6/5/2011	PRO SPORTS CLUB
2011 CA USAR-IP CLINIC BY FRAN DAVIS	6/9/2011-6/10/2011	SORRENTO VALLEY RACQUETBALL & FITNESS
USA RACQUETBALL INSTRUCTORS PROGRAM CERTIFICATION JIM WINTERTON	6/10-2011-6/11/2011	SPORTSET - SYOSSET
2011 FL SUNSHINE STATE GAMES	6/10/2011-6/12/2011	UF STUDEN FITNESS AND RECREATION CENTER
2011 VA COVENTRY COMMONWEALTH GAMES	6/10/2011-6/12/2011	YMCA OF CENTRAL VIRGINIA
INSTRUCTIONAL CAMP	6/12/2011-6/12/2011	SPORTIME FITNESS AND RACQUETBALL
IRF WORLD SENIOR DOUBLES	6/15/2011-6/18/2011	PUEBLO OF POJOAQUE WELLNESS CENTER
RUSTY POLLOCK MEMORIAL	6/18/2011-6/18/2011	SAN JUAN FITNESS CLUB
2011 WOR BEAT THE HEAT	6/18/2011-6/18/2011	FLORIN HIGH SCHOOL
2011 USAR 38TH NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS	6/22/2011-6/26/2011	SUNSET ATHLETIC CLUB
MEIJER STATE GAMES OF MICHIGAN	6/24/2011-6/26/2011	MICHIGAN ATHLETIC CLUB
FLORIDA FIRECRACKER RACQUETBALL TOURNAMENT	6/24/2011-6/26/2011	SARASOTA BATH & RACQUET CLUB
2011 RACQUETBALL WAREHOUSE WOR CHAMPIONSHIPS PRESENTED BY EKTELON	7/7/2011-7/12/2011	MARINA PARK
2011 SUMMER CLASSIC	7/8/2011-7/10/2011	YMCA
2011 MRF SHEPPARD SENATOR RACQUETBALL SHOOTOUT	7/16/2011-7/17/2011	SHEPPARD AFB - LEVITOW FITNESS
NMRA 2011 INTERNATIONAL CHAMPIONSHIP	7/27/2011-7/30/2011	MERIDIAN SPORTS CLUB - FULLERTON
TEXAS IRON HORSE SHOOTOUT	8/6/2011-8/7/2011	FORT HOOD FITNESS
FLORIDA STATE DOUBLES	8/26/2011-8/28/2011	SARASOTA BATH & RACQUET CLUB
IRF 27TH WORLD SENIOR RACQUETBALL CHAMPIONSHIPS	8/30/2011-9/3/2011	MIDTOWN SPORTS AND WELLNESS
2011 3 WALLBALL WORLD CHAMPIONSHIPS	9/21/2011-9/25/2011	STRATOSPHERE HOTEL & CASINO
2011 FLORIDA REGIONAL DOUBLES	9/23/2011-9/25/2011	SARASOTA BATH & RACQUET CLUB
2011 17TH ANNUAL US OPEN RACQUETBALL CHAMPIONSHIPS	10/5/2011-10/9/2011	LIFETIME FITNESS - TARGET CENTER
2011 SEATTLE PRO-AM	11/3/2011-11/6/2011	WASHINGTON ATHLETIC CLUB
2011 TX WAR - WOMEN AND RACQUETBALL - HOUSTON	11/13/2011-11/13/2011	UNIVERSITY OF HOUSTON, DEPT OF CAMPUS RECREATION
SARASOTA FALL TOURNAMENT	11/18/2011-11/20/2011	SARASOTA BATH & RACQUET CLUB
TEXAS IRON HORSE OPEN	12/2/2011-12/4/2011	FORT HOOD FITNESS



Calendar of Events

2011

EVENT PHONE	CITY	STATE	CONTACT NAME	CONTACT EMAIL
509-475-0144	SPOKANE	WA	NEAL HEGGEN	RICHCARVER@ACNINC.NET
	PUEBLO	CO	DANNY BEAUDRY	
209-722-3988	MERCED	CA	DAVID BLAGDEN	DBLAGDEN@MILLENNIUMSPORTSCLUB.COM
	SEATTLE	WA	FRAN DAVIS	FRAN@FRANDAVISRACQUETBALL.COM
724-858-7322	MONROEVILLE	PA	ADAM STEIN	ADAM661@YAHOO.COM
225-936-4508	HARAHAN	LA	AL SCHOF	RACOREZ99@AOL.COM
253-861-9015	TACOMA	WA	ELLIOT CROSBY	ELLIOTCROSBY@AOL.COM
941-545-5802	SARASOTA	FL	CHAD BAILEY	AUCHAD99@HOTMAIL.COM
		CA	CHARLIE HAUSER	
	LILBURN	GA	WILL COSTANZA	TARA.BORRERO@GMAIL.COM
909-322-2465	CLAREMONT	CA	CHRISTIE RILEY	CHRISTIE@RILEYELECTRICINC.COM
603-491-1494	TAMPA	FL	KIM ROY	KIMBERLY_ROY@HOTMAIL.COM
215-778-3783	CHALFONT	PA	DARYL ROSIDIVITO	DJROSIDIVITO@YAHOO.COM
719-635-5396	FULLERTON	CA	JIM HISER	HFENDER@USRA.ORG
503-680-8502	PORTLAND	OR	JIM HISER	FRAN@FRANDAVISRACQUETBALL.COM
		WA	NEAL HEGGEN	
858-455-1551	SAN DIEGO	CA	JIM HISER	FRAN@FRANDAVISRACQUETBALL.COM
347-415-9918	SYOSSET	NY	JIM WINTERTON	COACHRBALL@GMAIL.COM
407-352-6589	GAINESVILLE	FL	JEAN TRIMBLE	JTRIMBLE1255@GMAIL.COM
540-721-9035	LYNCHBURG	VA	PHIL WHEELER	DRIVESERVE@EMAIL.COM
347-415-9918	SYOSSET	NY	TOM KEOGH	TKEOGH1070@GMAIL.COM
505-321-1110	SANTA FE	NM	GARY MAZAROFF	GMAMPRO@GMAIL.COM
		WA	NEAL HEGGEN	
916-879-2229	SACRAMENTO	CA	BILL GEORGE	BILLGEO@GEORGETEC.COM
719-635-5396	PORTLAND	OR	JIM HISER	EMEREDITH@USRA.ORG
		MI	TWAYNE HOWARD	
941-545-5802	SARASOTA	FL	CHAD BAILEY	AUCHAD99@HOTMAIL.COM
954-562-5626	HUNTINGTON BEACH	CA	VIC LEIBOFSKY	VICHEATFAN@YAHOO.COM
		FL		
	SHEPPARD AFB	TX	KIMO HANSEN	
714-767-4622	FULLERTON	CA	STEVE COHEN	SCOHEN@NMRA.INFO
	FORT HOOD	TX	KIMO HANSEN	
941-545-5802	SARASOTA	FL	CHAD BAILEY	AUCHAD99@HOTMAIL.COM
505-321-1110	ALBUQUERQUE	NM	GARY MAZAROFF	GMAMPRO@GMAIL.COM
614-361-7162	LAS VEGAS	NM	STEVE LERNER	STEVE@CLASSICPRORACQUETBALL.COM
941-545-5802	SARASOTA	FL	CHAD BAILEY	AUCHAD99@HOTMAIL.COM
719-635-5396	MINNEAPOLIS	MN	DOUG GANIM	GANIM@EARTHLINK.NET
	SEATTLE	WA	FRAN DAVIS	FRAN@FRANDAVISRACQUETBALL.COM
361-510-1040	HOUSTON	TX	JOANNA REYES	JMRRBH@SBCGLOBAL.NET
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- IRT Rookie of the Year 1996
- International Racquetball Tour President

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July 29-31 - Woodbridge, NJ

August 5-7 - San Francisco, CA

September 9-11 - Tampa, FL

October 14-16 - Atlanta, GA

October 21-23 - TBA

November 11-13 - Chicago, IL

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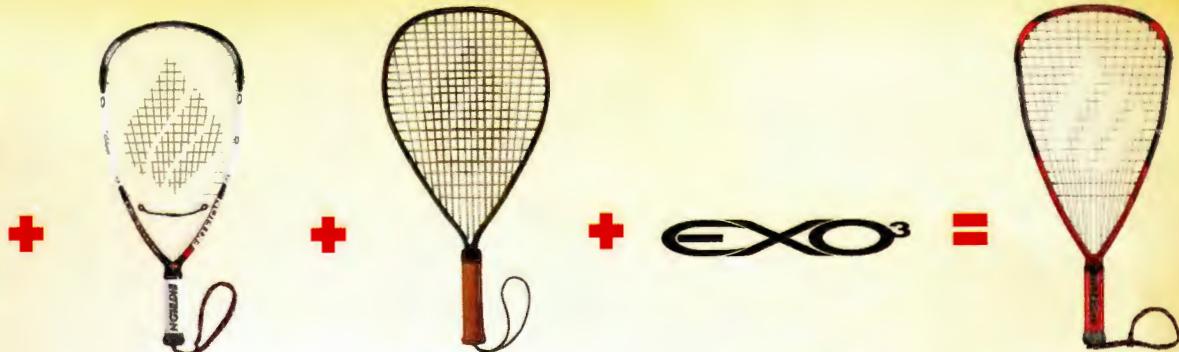
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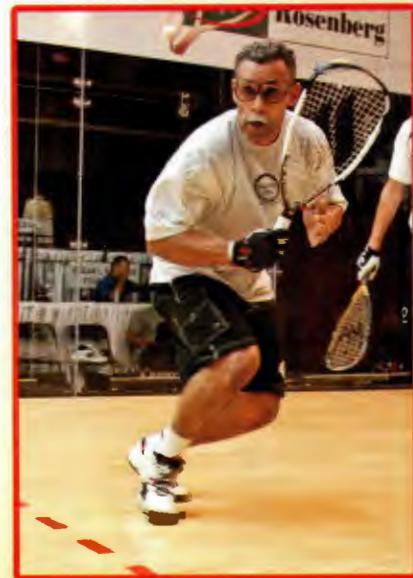
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